

## ERSIDE News Release

### FOR IMMEDIATE RELEASE:

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#### Contact:

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### New Year's Resolution – Walk with the Mayor at Fairmount Park

**RIVERSIDE**, **Calif.** – Begin the New Year off toward a healthy new you on a walk with Riverside Mayor Ron Loveridge at Fairmount Park on Saturday, January 16. Join Mayor Loveridge and special guest Jan Muto, Riverside City College President for conversation and a walk through the park.

"We know that walking 30 minutes at least five times a week makes a difference in our health," said Mayor Loveridge. "It is my hope that the residents of Riverside will make a habit of walking for good health - the Walk with the Mayor program introduces new locations for walking."

Fairmount Park is located at 2601 Fairmount Boulevard near Market Street and the 60 Freeway. The Mayor will take a route which will last about one hour. Wear comfortable walking/hiking shoes and bring a bottle of water.

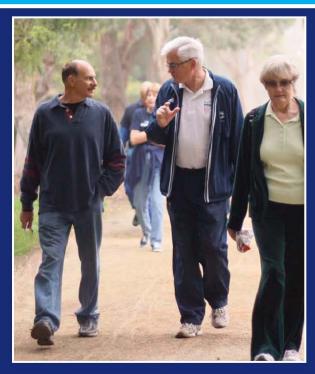
Please plan to meet at the location at 7:30 a.m. for a welcome and warm-up time; the walks begin promptly at 7:45 a.m.

Take steps to a healthier Riverside – Get Fit! Get Healthy! Get Going!

###

See Flyer below.

# Walk with the Mayor!



Join

## Mayor Ron Loveridge

and special guest
Riverside City
College President

Dr. Jan Muto

for January's one hour walk.

# Saturday January 16, 2009

### at Fairmount Park

Located at 2601 Fairmount Blvd
Meet at **7:30 a.m**. for a welcome and warm-up
Walk begins promptly at 7:45 a.m.



Lace up your walking shoes and take advantage of this opportunity to chat with Mayor Loveridge and his special guest while the Mayor leads a morning walk. Get Fit! Get Healthy! Get Going!

For more information contact Brenda Flowers at 951.826.5813 or bflowers@riversideca.gov

